







Kit for New Parents





If only children came with instruction manuals. As a child's first teacher, it is up to parents and caregivers to take the necessary steps to ensure their children are healthy and ready to thrive on their first day of school. First 5 California's goal is to make sure parents and caregivers have the tools they need to take these steps and make the best choices for their children and families.

Accomplishments to Date: Educating parents, achieving results

-  About 400,000 Kits have been distributed annually to parents statewide since November 2001.
-  First 5 California has invested more than \$36 million, providing parents with a hotline (1-800-KIDS-025) to order Kits.
-  Partnerships with hospitals, WIC offices, visiting nurse programs and various local and statewide organizations help distribute the Kit.
-  86 percent of parents found the Kit useful in helping them raise their children, and more than 47 percent reported sharing the Kit with their families and friends after a new baby is born.
-  A majority of parents and caregivers who received the Kit, said it changed their thinking or behavior in critical areas such as child safety, learning, feeding/breastfeeding and health care.
-  In Fall 2007, the Kit will be available in Cantonese, Korean, Mandarin and Vietnamese versions.



The free Kit for New Parents is a comprehensive resource for new and expecting parents emphasizing the importance of a child's early years, providing critical information parents can incorporate into their daily lives. Available in English and Spanish, each Kit has:

-  A celebrity-hosted DVD covering everything from oral health, nutrition and child care, to safety and discipline. The videos prepare parents for their child's early years. VHS tapes are also available upon request. Educational brochures supplement the video's information.
-  A Parent's Guide filled with tips and up-to-date information on local resources and services.
-  "What to Do When Your Child Gets Sick," an easy-to-read book that answers the many questions parents have regarding their child's health and common illnesses.
-  "Puppy and Friends" (Baby's First Book), an interactive reading experience for parents and children to enjoy together.

"The main book in the Kit surpasses the other books I have because of its simplicity. When my child is sick or injured I want answers fast. I want to be able to determine the seriousness quickly, without a lot of round-about clutter confusing the already hectic mind of a worried parent. I go to this book for every cold, cough, bump, or stomach ache."

- Eric Valencia, Southern California